



CONTINUING EDUCATION FOR MASSAGE THERAPISTS, ATHLETIC THERAPISTS & PHYSIOTHERAPISTS

Course Name: Lumbosacral & Pelvic Soft Tissue Techniques

Course Date: February 29th, 2020

Course Time: 8:30am – 5:30pm

Instructor: Mohit Khosla, M.OMSc., (cert.)OOA

This course will demonstrate lumbosacral and pelvic soft tissue assessment, and integrated treatment approaches combining manipulative techniques applied to the lumbosacral and pelvic regions based on structural findings.

| | | |
|-------------|--------|---|
| 8:30-9:00 | 30 min | registration & introductions |
| 9:00-9:10 | 10 min | intro to oscillatory technique |
| 9:10-9:20 | 10 min | understanding spinal concavity vs. convexity in the context of anterior-posterior spinal curves |
| 9:20-9:30 | 10 min | Fryette mechanics and principles applied to the lumbar spine: an analysis of type I, type II, and type III |
| 9:30-9:40 | 10 min | summary of 'normal' axial skeletal coupled motion specific to the lumbar spine |
| 9:40-9:50 | 10 min | compressive vs. tensile load acting upon the lumbar spine and its impact on the pelvis |
| 9:50-10:00 | 10 min | balancing concave-convex spinal relationships |
| 10:00-10:10 | 10 min | barrier concept: anatomic vs. physiologic barriers |
| 10:10-10:20 | 10 min | assessing the ARTs: asymmetries, restrictions, and tissue texture changes |
| 10:20-10:35 | 15 min | BREAK |
| 10:35-10:55 | 20 min | therapeutic effects of oscillation on the lumbar |
| 10:55-11:15 | 20 min | history of strain-counterstrain technique, treatment methodology, and indications/contraindications for treatment |
| 11:15-11:35 | 20 min | muscle energy technique, mechanism of action, treatment methodology, indications/contraindications for treatment |

| | | |
|-------------|---------|--|
| 11:35-11:55 | 20 min | myofascial release, treatment methodology using 'fascial creep' |
| 11:55-12:15 | 20 min | morning review |
| 12:15-1:15 | 60 min | LUNCH BREAK |
| 1:15-3:45 | 150 min | lumbosacral & lumbopelvic sample assessment-treatment algorithm: short and long lever approaches in supine, prone, lateral recumbent |
| 3:45-4:00 | 15 min | BREAK |
| 4:00-5:00 | 60 min | review of entire day and opportunity for questions |
| 5:00-5:30 | 30 min | closing remarks |

Learning Outcomes

1. How to accurately identify barriers, restrictions, and abnormal motions in the lumbar spine
2. How to determine the significant relationships of altered movements of the lumbar spine and its impact on the sacrum and pelvis

Teaching Strategies

1. A professor centered model focusing on direct transmission of information using audiovisual aids ie. powerpoint, instructional videos, and anatomical models
2. Cognitive strategies as a means to enhance learning and to assist therapists in the interpretation and processing of instructional material
3. Reciprocal teaching and questioning techniques
 - knowledge questions requiring therapists to recall lecture material
 - comprehension questions requiring therapists to organize lecture material and rephrase
 - application questions requiring therapists to use lecture material to solve a clinical problem

REFERENCES

- Netter, F.H. (1997). *Atlas of Human Anatomy* (2nd ed.). New Jersey, NY: Novartis.
- Nicholas, A.S., & Nicholas, E.A. (2008). *Atlas of Osteopathic Techniques*. Baltimore, MD: Lippincott Williams & Wilkins.
- Savarese, R.G. (1998). *A Comprehensive Review in Osteopathic Medicine* (3rd ed.). New Jersey, NY.